ORDERING REPLACEMENT PARTS

If you encounter any difficulties or problems with this product, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009
Fax: 0113-2411120

- The MODEL NUMBER of the product. (WLCR28061)
- The NAME of the product. (WESLO® CARDIOGLIDE TR 2)
- The SERIAL NUMBER of the product. (See the front cover of this manual.)
- The KEY NUMBER of the part(s) needed. (See page 10 of this manual.)
- The DESCRIPTION of the part(s) needed. (See page 10 of this manual.)

Part No. 138098 R0997A Weslo is a registered trademark of ICON Health & Fitness, Inc. © 1997 Printed in China

CARDIO GLIDE™

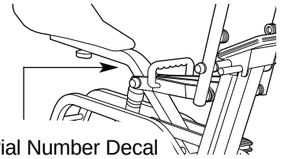
TARGET
RESISTANCE
TRAINER

TR 2

WESLO

Model No. WLCR28061
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

PUSH MODE

PULL MODE

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IMPORTANT PRECAUTIONS

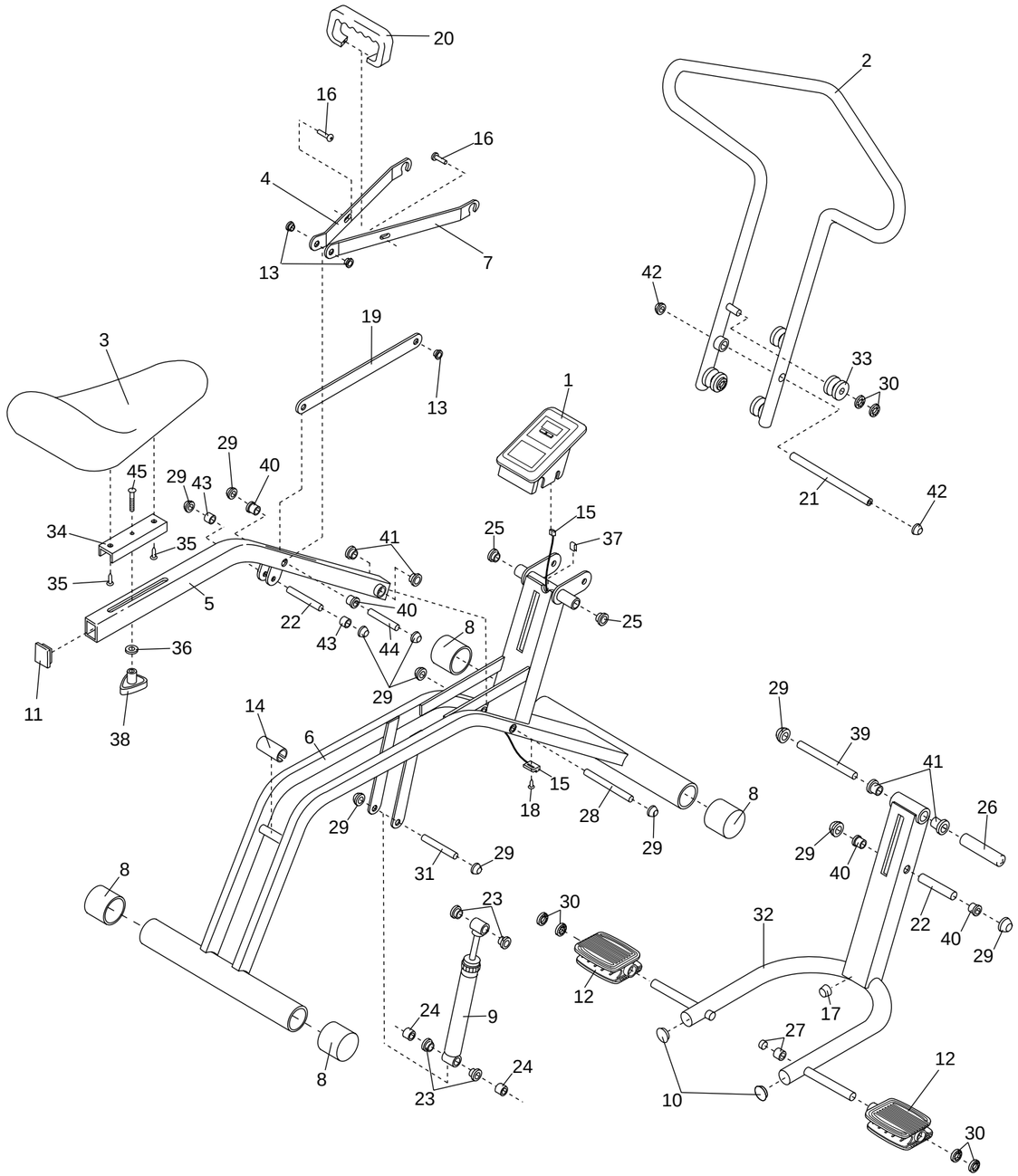
WARNING: To reduce the risk of serious injury, read the following important precautions before using the WESLO® CARDIOGLIDE TR 2.

1. **It is the responsibility of the owner to ensure that all users of the TR 2 are adequately informed of all precautions.**
2. **Use the TR 2 only on a level surface. Cover the floor beneath the TR 2 for protection.**
3. **The TR 2 should not be used by persons weighing more than 250 pounds (115 kg).**
4. **Keep children under 12 and pets away from the TR 2 at all times.**
5. **Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the TR 2. Always wear athletic shoes for foot protection.**
6. **Inspect and tighten all parts regularly. Replace any worn parts immediately.**
7. **After adjusting the position of the seat, make sure that the seat knob is firmly tightened.**
8. **Before exercising, make sure that the link arms are securely connected to the upper or lower rollers on the handlebar.**
9. **The resistance cylinder becomes very hot during use. Allow the resistance cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.**
10. **Do not use the TR 2 when the resistance cylinder is below room temperature or it may be damaged.**
11. **Always keep your back straight when using the TR 2; do not arch your back.**
12. **Use the TR 2 only as described in this manual.**
13. **The TR 2 is intended for home use only. Do not use the TR 2 in any commercial, rental, or institutional setting.**

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

EXPLODED DRAWING—Model No. WLCR28061

R0997A



PART LIST—Model No. WLCR28061

R0997A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Monitor	26	1	Foam Pad
2	1	Handlebar	27	1	Magnet/Retainer
3	1	Seat	28	1	12.7mm x 146mm Axle
4	1	Left Link Arm	29	11*	12.7mm Dome Cap
5	1	Seat Frame	30	12*	12.7mm Push Nut
6	1	Frame	31	1	12.7mm x 106mm Axle
7	1	Right Link Arm	32	1	Pedal Frame
8	4	Round Endcap	33	4	Roller
9	1	Resistance Cylinder	34	1	Seat Bracket
10	2	Pedal Frame Endcap	35	2	Seat Bracket Screw
11	1	38mm x 50mm Endcap	36	1	Washer
12	2	Pedal	37	1	Clip
13	3	Link Arm Bushing	38	1	Seat Knob
14	1	Bumper	39	1	12.7mm x 162mm Axle
15	1	Reed Switch/Sensor Wire	40	4	12.7mm x 27mm Bushing
16	2	Handle Screw	41	4	12.7mm Bushing
17	1	Round Bumper	42	2	9.5mm Dome Cap
18	1	Reed Switch Screw	43	2	12.7mm Link Arm Spacer
19	1	Centre Link Arm	44	1	12.7mm x 100mm Axle
20	1	Handle	45	1	Seat Bolt
21	1	9.5mm x 275mm Pivot Axle	#	1	User's Manual
22	2	12.7mm x 80mm Axle	#	1	Pedal Tool
23	4	12.7mm Cylinder Bushing			
24	2	12.7mm x 23.5mm ABS Spacer			
25	2	9.5mm Bushing			

*Note: One extra 12.7mm Dome Cap and extra 12.7mm Push Nuts may have been included.

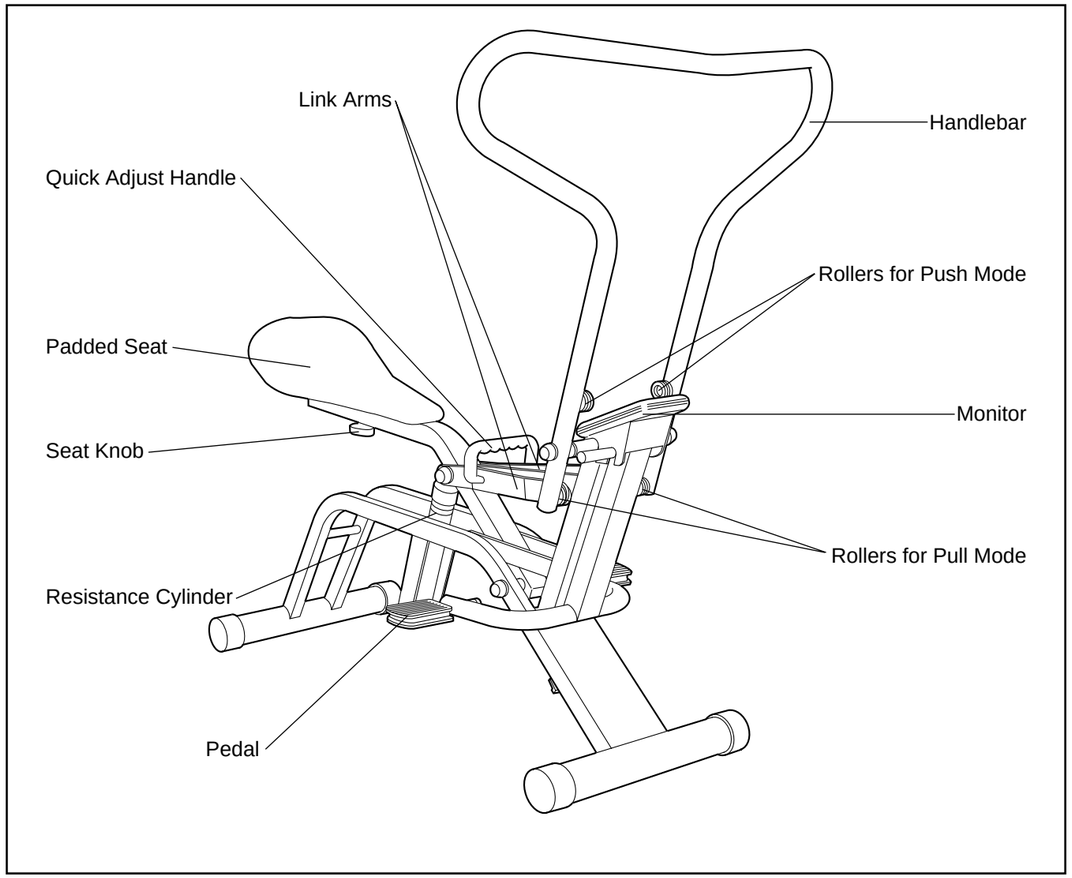
Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

BEFORE YOU BEGIN

Thank you for selecting the WESLO® CARDIOGLIDE TR 2. The CARDIOGLIDE TR 2 offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning. For a more complete workout, the CARDIOGLIDE TR 2 features both a push mode and a pull mode, and the adjustable resistance cylinder lets you exercise at the intensity level that's right for you.

For your benefit, read this manual carefully before using the CARDIOGLIDE TR 2. If you have additional questions, please call our Customer Service Department at **0345-089009.** To help us assist you, please note the product model number and serial number before calling. The model number is WLCR28061. The serial number can be found on a decal attached to the CARDIOGLIDE TR 2 (see the front cover of this manual for the location of the decal).

Before reading further, please take a moment to familiarise yourself with the parts that are labelled in the drawing below.



ASSEMBLY

Place all parts of the CARDIOGLIDE TR 2 in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before you begin. **Assembly requires the following tools: The included pedal tool , and your own rubber mallet .**

1. **Note: Before you attach the 9.5mm Dome Caps (42) shown in this step, make sure that the Handlebar (2) is turned as shown. If the Handlebar is incorrectly attached, it will be necessary to remove the Dome Caps and order new ones.**

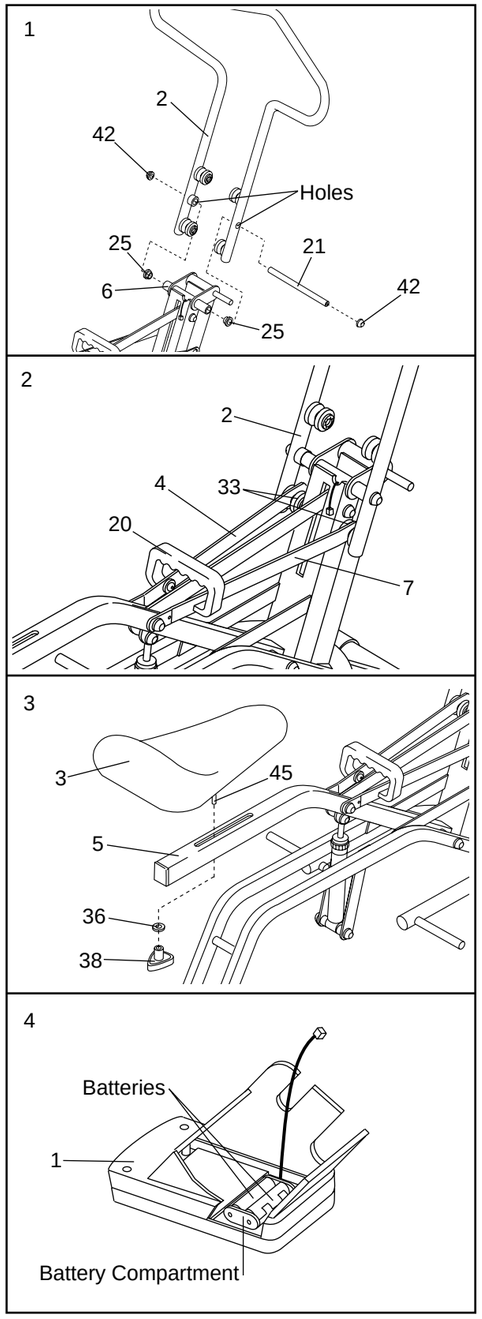
   Tap two 9.5mm Bushings (25) into the Frame (6) as shown. Align the indicated holes in the Handlebar (2) with the 9.5mm Bushings (25) in the Frame (6). Insert the 9.5mm x 275mm Pivot Axle (21) through the Handlebar and the Frame. Centre the Pivot Axle and tap a 9.5mm Dome Cap (42) onto each end of it.

2. Hold the Handlebar (2) in the position shown. Hold the Handle (20) and hook the Link Arms (4, 7) onto the lower Rollers (33) on the Handlebar. **Make sure that the Link Arms are securely connected to the Rollers.**

3. The Seat (3) is attached to the underside of the Seat Frame (5) for shipping purposes. Remove the Seat Knob (38) and the Washer (36) and remove the Seat from the Seat Frame**.**

   Insert the Seat Bolt (45), located under the Seat (3), down into the slot in the Seat Frame (5). Thread the Seat Knob (38), with the Washer (36), onto the Seat Bolt. Slide the Seat to the desired position and **firmly tighten the Seat Knob.**

4. The Monitor (1) requires two “AA” batteries (not included). Alkaline batteries are recommended. Insert two batteries into the battery compartment. **Make sure that the negative (–) ends of the batteries are touching the springs in the battery compartment.**



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

WHY EXERCISE?

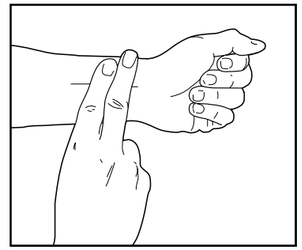
Exercise has proven essential for good health and general well-being. Regular participation in a well-rounded exercise program results in a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased ability to deal with stress, and greater self-esteem and confidence.

EXERCISE INTENSITY

To maximise the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140
85	118–144	114–139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.



To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate will drop quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches. This will increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

A cardiovascular exercise period, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.

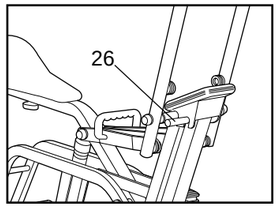
A cool-down, with 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercise. A proper cool-down should leave you relaxed and comfortably tired.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Find the best time of day for your workouts, and then stick with it. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

MAINTENANCE AND TROUBLE-SHOOTING

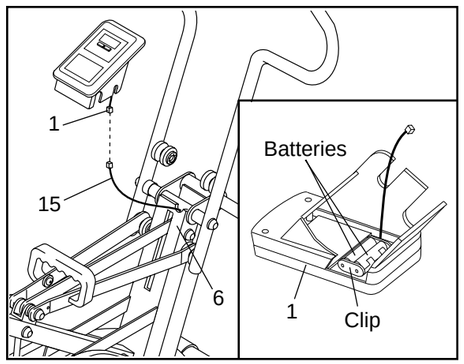
Inspect and tighten all parts of the CARDIOGLIDE TR 2 regularly. Make sure that the Foam Pad (26) is pushed all of the way onto the axle at the front. The CARDIOGLIDE TR 2 can be cleaned with a soft, damp cloth. Keep liquids away from the monitor. Do not expose the monitor to direct sunlight or the display may be damaged. When storing the CARDIOGLIDE TR 2, remove the batteries from the monitor.



HOW TO REPLACE THE BATTERIES

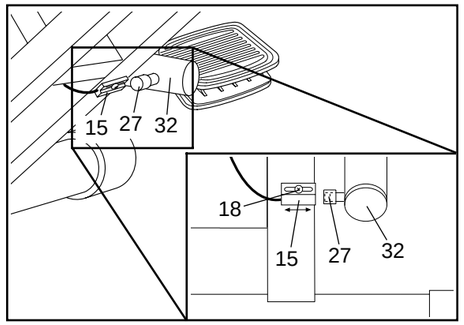
If the display of the Monitor (1) becomes dim, the two “AA” batteries should be replaced. Lift the Monitor off the Frame (6). Disconnect the Sensor Wire (15) from the Monitor. **Make sure that the end of the Sensor Wire does not slip into the Frame.** Remove the two old batteries from the Monitor. Insert two new batteries. **Make sure that the negative (–) ends of the batteries are touching the springs in the Monitor.**

Connect the Sensor Wire (15) to the wire on the Monitor (1). **Insert all excess wire into the Frame (6).** Press the Monitor onto the Frame (see assembly step 5 on page 5).



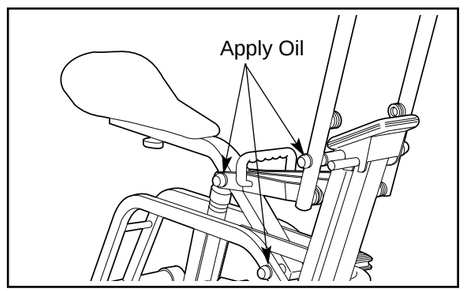
HOW TO ADJUST THE MAGNET AND REED SWITCH

If the monitor displays incorrect feedback, the Magnet (27) and Reed Switch (15) should be checked. Pivot the Pedal Frame (32) until the Magnet is aligned with the Reed Switch. Loosen the Reed Switch Screw (18) shown in the inset drawing. Slide the Reed Switch slightly closer to the Magnet. Tighten the Reed Switch Screw. Exercise on the CARDIOGLIDE TR 2 for a moment. Repeat until the monitor displays correct feedback. **Make sure that the Magnet does not hit the Reed Switch.**



HOW TO LUBRICATE THE CARDIOGLIDE TR 2

Every three months, a small amount of light multi-purpose oil should be applied to the CARDIOGLIDE TR 2. Apply a few drops of oil between the dome caps and the frame in the locations shown at the right. Make sure to apply oil to both sides of the CARDIOGLIDE TR 2.



5. Connect the Sensor Wire (15) to the wire on the Monitor (1). **Insert all excess wire into the Frame (6).**

   Hold the Monitor (1) with both hands, and slide it down onto the Frame (6). Refer to the inset drawing. Make sure that the side of the Monitor (1) is between the Frame (6) and the 12.7mm Dome Cap (29). Push the Dome Cap against the side of the Monitor.

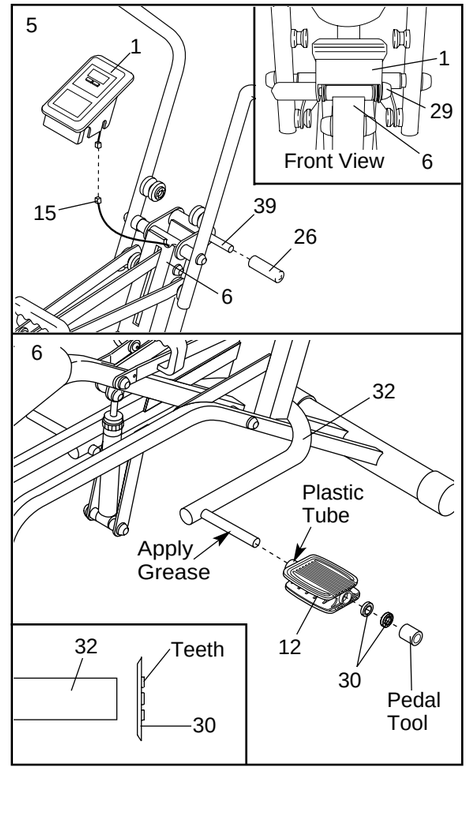
   Slide the Foam Pad (26) onto the end of the 12.7mm x 162mm Axle (39).

6. Lightly grease the shaft on the right side of the Pedal Frame (32). Slide a Pedal (12) onto the shaft. **Make sure that the plastic tube on the Pedal is facing the Pedal Frame.** Using the included pedal tool, tap a 12.7mm Push Nut (30) onto the shaft. **Make sure that the Push Nut is turned as shown in the inset drawing.** Attach another 12.7mm Push Nut (30) in the same manner.

   Attach the other Pedal (not shown) in the same manner.

   Note: Extra 12.7mm Push Nuts (30) may have been included. Save the Push Nuts and the pedal tool in case replacement Push Nuts are needed in the future.

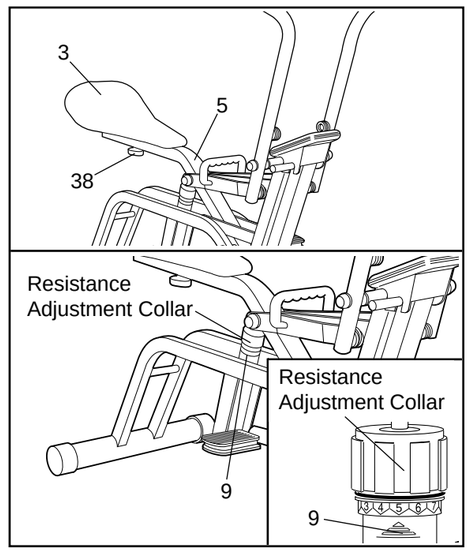
Note: The CARDIOGLIDE TR 2 features a precision resistance cylinder; due to the nature of resistance cylinders, a mat should be placed under the CARDIOGLIDE TR 2 in case of slight oil leakage.



HOW TO USE THE CARDIOGLIDE TR 2

HOW TO ADJUST THE POSITION OF THE SEAT

Before you begin exercising, the Seat (3) should be adjusted to the most comfortable position. Turn the Seat Knob (38) to loosen it. Slide the Seat to the desired position. **Firmly retighten the Seat Knob.**

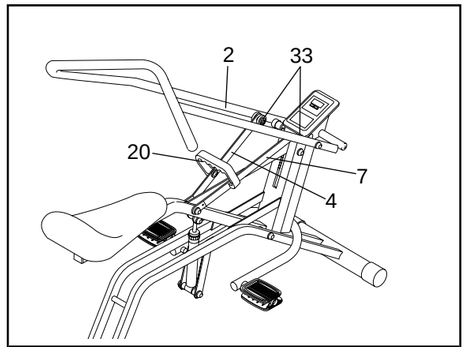


HOW TO ADJUST THE RESISTANCE

To vary the intensity of your exercise, the resistance of the CARDIOGLIDE TR 2 can be adjusted. To change the resistance, turn the resistance adjustment collar on the Resistance Cylinder (9). The arrow on the Resistance Cylinder will show which resistance level you have selected. Level 1 is the easiest resistance level. **CAUTION: The Resistance Cylinder becomes very hot during use. Allow it to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.**

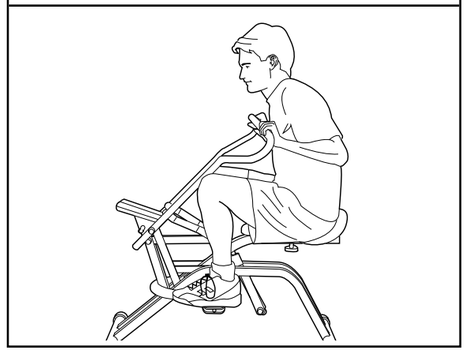
HOW TO USE THE PUSH MODE

To convert the CARDIOGLIDE TR 2 to the push mode, hold the Handlebar (2) with one hand and hold the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4, 7) from the Handlebar. Pivot the Handlebar toward the seat and hook the Link Arms onto the upper Rollers (33) on the Handlebar. **CAUTION: Make sure that the Link Arms are securely connected to the upper Rollers.**



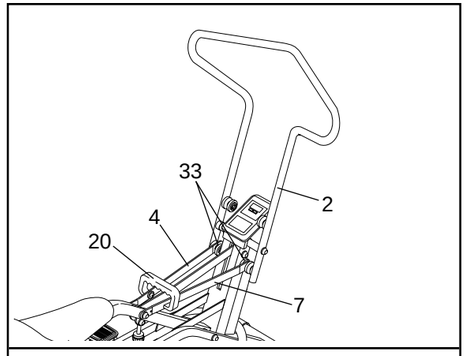
Sit on the seat, place your feet on the pedals, and hold the handlebar with an overhand grip. If necessary, adjust the position of the seat (see page 5).

To begin exercising, push the handlebar away with your arms whilst pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace. **CAUTION: To avoid injury, keep your back straight. Do not arch your back.**



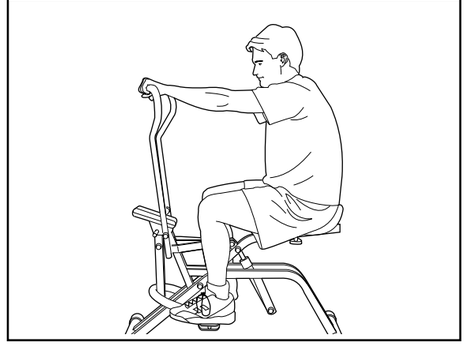
HOW TO USE THE PULL MODE

To convert the CARDIOGLIDE TR 2 to the pull mode, hold the Handlebar (2) with one hand and hold the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4, 7) from the Handlebar. Pivot the Handlebar away from the seat and hook the Link Arms onto the lower Rollers (33) on the Handlebar. **CAUTION: Make sure that the Link Arms are securely connected to the lower Rollers.**



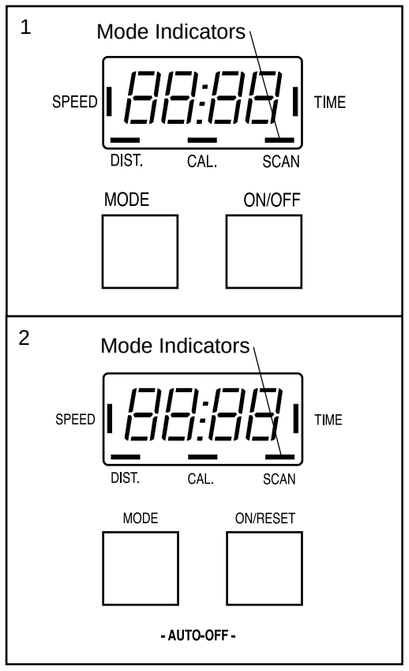
Sit on the seat, place your feet on the pedals, and hold the handlebar. Your hands can be positioned on the top, sides or bottom of the handlebar, close together or far apart, or in an overhand or underhand grip. If necessary, adjust the position of the seat (see page 5).

To begin exercising, pull the handlebar toward your waist whilst pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace. **CAUTION: To avoid injury, keep your back straight. Do not arch your back.**



DESCRIPTION OF THE MONITOR MODES

The CARDIOGLIDE TR 2 features one of the two monitors shown at the right. Both monitors have exactly the same modes. The modes are described below:



Speed—Displays your speed, in repetitions per minute.

Time—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.

Distance—Displays the total number of repetitions you have completed, up to 999 or 9,999. The display will then reset to zero and continue counting.

Calorie—Displays the number of Calories you have burned. Note: If the resistance is near the highest or lowest setting, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.

Scan—Displays the speed, time, distance, and calorie modes, for about 5 seconds each, in a repeating cycle.

HOW TO OPERATE THE MONITOR

Note: If there is a thin sheet of clear plastic on the front of the monitor, remove it before operating the monitor.

1. To turn on the power, press the on/off button or the on/reset button, or simply begin exercising on the CARDIOGLIDE TR 2. The entire display will appear for two seconds. The monitor will then be ready for operation.

2. Select one of the five modes:

   Scan mode—When the power is turned on, the scan mode will be selected automatically. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed. Note: If a different mode has been selected, the scan mode can be selected again by repeatedly pressing the mode button.

   Speed, time, distance, or calorie mode—To select one of these modes, repeatedly press the mode button. The mode indicators will show which mode has been selected. (Make sure that the scan mode is not selected.) The modes will be selected in the following order: speed, time, distance, calorie, scan.

3. To reset the display, press the on/off button twice if you have monitor 1, or the on/reset button if you have monitor 2.

4. To turn off the power, press the on/off button if you have monitor 1, or simply wait for about four minutes if you have monitor 2. **Note: Both monitors have an auto-off feature. If the pedals are not moved and the monitor buttons are not pressed for about four minutes, the power will turn off automatically.**